

Travelling to Cherry Tree Lodge is in Saline, Fife, Scotland.

The nearest airports - Edinburgh (25 miles) Glasgow (38 miles - we would suggest car hire from here - approx 40 to 60 minutes drive.

The nearest train stations - Dunfermline - 8 miles

If coming from down south you would take the train to Edinburgh Waverly and change for Dunfermline. FYI... London Kings Cross to Dunfermline is 5 hours and 40 minutes.

Dunfermline to Saline - Bus takes 15 minutes - approx £3, Taxi (10 mins) approx £20

Edinburgh to Saline by Car - 40 mins



Useful travel links

<https://www.travlinescotland.com/lts/#/travelInfo>

<https://www.rome2rio.com/map/Dunfermline/Saline-Scotland>

Flights - www.skyscanner.net

Trains - www.nationalrail.co.uk

Itinerary - Thursday evening to Sunday lunchtime

Thursday

Registration will begin at 4.30pm - you will be welcomed with a cuppa and a cake! This will give you time to find your room, have a wander in the garden or meditate before we have dinner at 6.30pm.

7.30pm to 9pm we will have an introduction, meditation and prep for the weekend ahead.

Friday

Breakfast from 8 to 9am

Training - 9.30am till 12.30pm'ish (includes mid-morning, short break)

2pm to 5pm - training (includes mid-afternoon, short break)

6.30 - dinner

7.30 to 8.30 - prep work for day 2

Saturday

Breakfast from 8 to 9am

We will begin just after 9.30pm till 12.30pm'ish (includes mid-morning, short break)

2pm to 4.30pm - training

6 to 7 - dinner

7.30 to 9.30ish - prep work for day 2 (fire ceremony)

Sunday

Breakfast 8.30 to 9.30am

10am to 12.30 - training (includes labyrinth walk)

Light lunch - heading home from 1.30/2pm

Tea/coffee/snacks/water will be available throughout on a self-serve basis.